

Kindergarden Movement Class Curriculum Outline

The emphasis of movement class is on how students move in their environment. Students will learn fundamental locomotor (running, hopping, skipping, jumping, leading, sliding, galloping), nonlocomotor (bending, twisting, turning, rocking, swaying, balancing, stretching, pushing, and pulling), and manipulative (rolling, throwing, catching, bouncing, kicking) skills. Students will participate in a wide variety of activities that involve locomotor, nonlocomotor and manipulative skills, fitness concepts and fitness development exercises leading to experiences of personal feelings of success